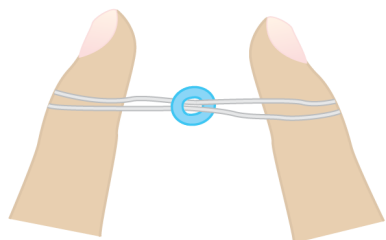
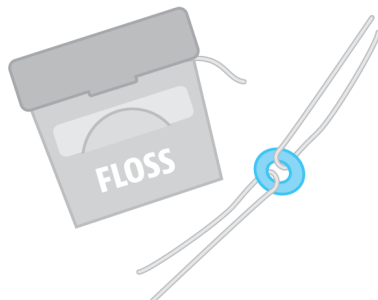


HOW TO PUT IN YOUR SEPARATORS

STEP 1

Get two pieces of floss and your separator.

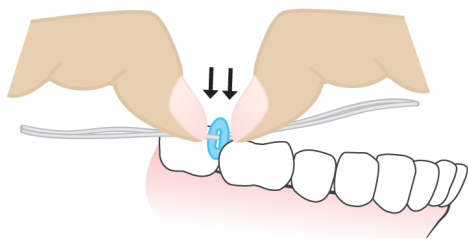
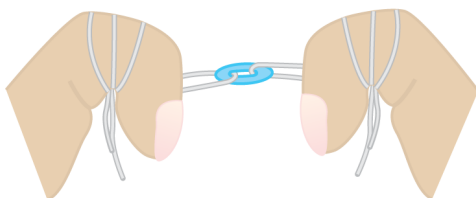


STEP 2

Thread the two pieces of floss through the separator, then wrap the floss around your first fingers.

STEP 3

Pull fingers away from each other so the space is now almost flat and tension is created.



STEP 4

Just like you would floss between your teeth, gently work the separator between your molars. After you have pushed the separator between the teeth, pull the floss out. Sometimes it is necessary to hold your finger over the separator when you pull the floss out.

WHAT ARE SEPARATORS?

Separators are small rubber "rings" that are placed between your back molars. The separators will create a space between your teeth which will allow us to place orthodontic molar bands around your teeth at your band fitting appointment.

WHAT TO EXPECT

The separators may feel odd at first, like you have something stuck between your teeth. You may also experience some tooth sensitivity in the area where the separators are placed. This sensitivity should only last a few days. You can relieve any discomfort you feel with an over-the-counter headache medication.

Your separators should remain in place until your next appointment. Avoid pushing or picking at them with your tongue, fingers, a toothpick, etc, as this could cause them to fall out prematurely before space is created. If your separators fall out on their own, do not be alarmed. This means the separators have done their job and there is now adequate space between your molars.

ORAL HYGIENE WITH SPACERS

Continue to brush your teeth regularly. Brushing will not dislodge the separators. Do not floss between the teeth that have separators.



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